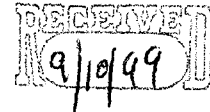


NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA



In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Spring Valley® Vitamin B12**, Product #13604, #13605, #13606, #13607, #13608 & #13609 bearing the statements set out below:

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104


The text of each structure function claim for **Vitamin B12** is as follows:

- (Statement 1) Vitamin B12 aids in the formation of red blood cells and in the proper function of all body, brain and nerve cells.
- (Statement 2) Plays an important role in the nervous system and helps metabolize protein.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International., Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 31st day of August, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 
DR. LUKE R. BUCCI
Vice President of Research

97S-0162

LET 424C